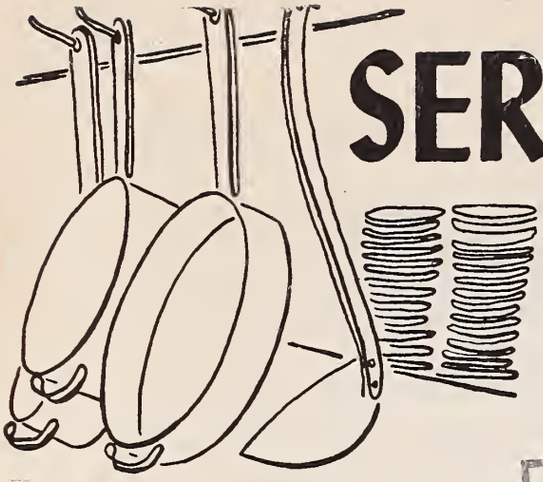

SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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PLANNING DESSERTS TO MEET RATIONS

Industrial feeding establishments now have the most limited supplies of sugar and fats they have had at any time during the war. For that reason, it's often difficult to plan desserts that will appeal to workers and stay within rationed allowances of these ingredients.

The outlook for increased supplies of sugar and fats is not encouraging and industrial feeding managers should be prepared to cope with short rations for many months to come.

WHY ARE FATS AND SUGAR IN SHORT SUPPLY?

Supplies of fats and sugar for civilians are at the lowest level in many years and no relief is expected until the late spring or summer of 1946. Civilian consumption of fats and oils in 1945 is expected to be about 40 pounds per capita, compared with an estimated 45 pounds consumed during 1944.

The reasons for the short supplies of fats and oils may be summarized this way:

1. Carry-over stocks of fats and oils, especially lard, were very low

2. Lard production has decreased

3. Imports of fats and oils have been reduced because of wartime conditions

4. Imports to liberated countries are expected to be larger this year than during 1944

5. Military demands have increased.

NOW ABOUT SUGAR

The 1945 outlook for sugar isn't any more encouraging than the forecast for fats. Low stocks...smaller shipments from Cuba...and increased war demands...have resulted in a decrease in the 1945 civilian supply of more than 1 million tons under that of last year.

This means that the industrial cafeteria manager will receive about 40 percent less sugar than he was allowed in 1944.

SHOULD DESSERTS BE INCLUDED ON THE SPECIAL LUNCH?

In view of the short rations of fats and sugar, many industrial feeding managers may wonder if they should continue to serve desserts on the special lunch.

This naturally raises the question: "How important are desserts in the worker's lunch?"

The answer to that question is that dessert makes an important contribution to the energy value of the worker's lunch and may also supply valuable nutrients. An adequate lunch for an industrial worker should provide one-third or more of his daily energy requirements or at least 1,000 calories.

The following meal pattern shows the dessert may contribute 1/5 or more of the total energy value of a meal.

FOOD	AVERAGE CALORIC VALUE
Meat, fish, poultry or meat alternate	200
Potato or cereal dish	150
Hot vegetable or salad	80
Bread and butter or fortified margarine	200
One-half pint of milk	170
Dessert	200 or more
TOTAL CALORIES	1,000

A mid-shift meal that does not include a dessert is likely to fall short of being adequate in caloric value.

USE PLENTIFUL FRUITS FOR DESSERTS

Peaches still head the list of plentiful fruits. They're hard to beat when it comes to serving favorite desserts to workers. Fresh peach pie, peach cobbler, peach turn-over and peach shortcake rank high on the preferred list.

Other fruits in plentiful supply in most markets which offer variety to dessert makers include citrus fruits, apricots, cherries, plums and cantaloupes.

BUDGET RATIONED FOODS USED IN DESSERTS

In order to continue serving desserts on reduced fats and sugar rations, it's necessary to budget rations carefully.

The first step is to estimate the amount of rationed foods that can be used for desserts. The available amount of sugar may be allocated in the following manner;

	POUNDS
Total sugar ration per week	180
Less amount used for sweetening beverages and other foods	50
Amount available for desserts	130

A similar estimate may be made for fats. When the quantities of sugar and fats that are available for use in desserts have been estimated, these amounts should then be used as a guide in planning desserts.

STRETCH YOUR SUGAR RATION

The quantity of sugar in many recipes may be reduced by the use of sugar substitutes. Corn and cane sirup and honey may be used in baked products to replace part of the sugar in the recipe.

Directions for using sugar substitutes and other ways of saving sugar may be found in the publication "Saving Sugar in Industrial Feeding" we sent to you in May.

Some cakes and puddings may be made from prepared cake mixes and pudding powders. However, the allotment of sugar and fats used in the manufacture of these products also has been restricted, so the supply of those is limited.

CHECK YOUR DESSERT FORMULAS

Dessert recipes should be checked for their fat and sugar content and those which are economical in the use of these rationed foods should be selected.

The following table shows the fat and sugar content of some common dessert recipes. Cafeteria managers might want to make a similar table of the fat and sugar contents of their own recipes.

This will help them estimate the total amount of fats and sugar required for the desserts on the week's menu and to determine whether they can be prepared with the available fats and sugar.

FAT AND SUGAR CONTENT OF COMMON DESSERTS FOR 100 PORTIONS

	Calories Per Portion	F A T Pounds	F A T Points	Sugar Pounds
Plain cake with frosting	250	1.5	18	7.8
Plain cake without frosting	200	1.5	18	3.8
Devil's food cake with frosting	250	1.5	18	4.2
Gingerbread	200	1.6	19	1.4
Fruit pie, double crust	400	3.2	38	3.7
Cream pie, single crust	300	1.6	19	3.0
Cornstarch pudding	200	-	-	3.0
Bread pudding	200	-	-	3.0
Fruit gelatin (sweetened)	100	-	-	-
Fresh fruit, stewed	100	-	-	3.0
Fresh fruit, raw	50-100	-	-	0 to 2.0

Iced cake requires much more sugar than uniced cake. The amount of sugar used in the icing would be enough to use in a pudding or would be sufficient to sweeten fresh fruit.

Likewise, the fat used in a double-crusted fruit pie would be enough to make crusts for one cream filled and one open-faced fruit pie.

SAVE WASTE FATS AND TURN THEM IN

Close cooperation of chefs and pot washers can save many pounds of fat from going into garbage cans and down sink drains. However, meat drippings and excess fats are worth more than the salvage value if they are used in place of new fats.

Suggestions for the care and use of meat fats were covered in the March issue of "Serving Many".

Uncle Sam's needs are high for fats and oils. So, any used fat you have should be turned in immediately. It's needed to swell the national supply. Put used fats to work in the fight against the Japs.

USE FATS SPARINGLY

Unfortunately, there are no substitutes for fats. But they can be used sparingly. Usually it's not satisfactory to decrease fats in

a recipe since this may result in a product of inferior quality. Therefore, either fewer products containing fats should be prepared or recipes requiring a relatively small amount of fats should be selected.

Some suggestions are given for saving fats and sugar in preparation of baked products. These may be used to remind bake shop employees of the importance of conserving these rationed materials.

POST THIS IN YOUR BAKE SHOP

CONSERVE FAT AND SUGAR IN BAKED PRODUCTS

1. Use standardized recipes and follow them carefully.
2. Weigh all materials accurately.
3. Remove all shortening from the original container.
4. Scrape out mixing bowls thoroughly.
5. Roll pie crust to a uniform thickness.
6. Re-use pie dough trimmings as soon as possible.
7. Use one-crust pies often. Make latticed topped or open-faced fruit pies instead of two-crust pies.
8. Use only enough pan grease to prevent sticking.
9. Make sheet cakes instead of layer cakes.
10. Ice only the tops of cakes.

SPECIAL LUNCH MENUS FOR AUGUST

1	2
Vegetable plate: Hard-cooked egg salad Corn-on-the-cob Buttered green beans Sweet pickle Whole-wheat bread with butter or fortified margarine Fresh blackberry pie Milk	Salad plate: Cottage cheese Fresh fruit salad Celery curls Peanut butter muffins with butter or fortified margarine Chocolate-nut pudding Milk

3

Veal chow mein
Boiled rice
Garden lettuce salad
Whole-wheat bread with butter
or fortified margarine
Fresh peach pie
Milk

4

Veal loaf with gravy
Mashed potatoes
Fresh beets and greens
Enriched bread with butter
or fortified margarine
Fresh sliced peaches
Beverage

5

Creole lima beans
Buttered carrot strips
Mixed green salad
Whole-wheat bread with butter
of fortified margarine
Baked custard
Milk

6

Frankfurters
Potato salad
Summer squash
Enriched rolls with butter
or fortified margarine
Fresh peach cobbler
Milk

7

Fish loaf with tomato sauce
New potatoes in jackets
Green peas
Enriched bread with butter
or fortified margarine
Fresh fruit cup
Milk

8

Braised liver
Scalloped potatoes
Fresh greens
Whole-wheat bread with butter
or fortified margarine
Lemon chiffon pudding
Beverage

9

Cheese fondue
Fresh green beans
Carrot and Peanut salad
Whole-wheat rolls with butter
or fortified margarine
Plain cake with marmalade
dressing 2/
Milk

10

Scalloped fish
Parsleyed new potatoes
Sliced tomato salad
Whole-wheat bread with butter
or fortified margarine
Fruit gelatine
Beverage

11

Roast shoulder of lamb with
dressing
Browned new potatoes
Cabbage and carrot salad
Enriched bread with butter
or fortified margarine
Fresh peaches.
Milk

12

Salad plate:
Sliced luncheon loaf
Kidney bean salad
Sliced tomatoes
Graham muffins with butter
or fortified margarine
Gingerbread
Milk

13

Scrambled eggs
Baked potato
Sliced cucumber and tomato
salad
Enriched rolls with butter
or fortified margarine
Crumb pudding 3/
Beverage

14

Chicken fricassee with
noodles
Fresh buttered carrots
Endive with French dressing
Whole-wheat bread with butter
or fortified margarine
Raspberry sherbet
Beverage

2/ Recipe is in "Saving Sugar in Industrial Feeding", Page 6
3/ Recipe is in "Saving Sugar in Industrial Feeding", Page 4

THE "BEST BUY" LIST

Most Southwest markets rate Irish potatoes at the head of the abundant food list. Other fresh foods in fairly goos supply include cabbage, carrots, green peas, green beans, lettuce and tomatoes.

Oranges, peaches, lemons, apricots, watermelons and cantaloupes also are failry well represented, with peaches on the decline in many places.

Here they are by key markets:

Arkansas	Little Rock:	Oranges, pears, grapes, potatoes, onions.
Colorado	Denver:	Apricots, apples, oranges, bunched beets, cabbage, bunched carrots, green peas, potatoes, spinach, squash.
Kansas	Topeka:	Apricots, peaches, cabbage, corn, potatoes.
	Wichita:	Citrus fruits, apricots, tomatoes, corn, lettuce, cabbage, potatoes, eggplant, watermelons, peppers, cantaloupes.
Louisiana	Baton Rouge:	Irish potatoes, crowder peas.
New Mexico	Albuquerque Gallup and Santa Fe:	Beets, cabbage, carrots, cucumbers, lettuce, Irish potatoes, squash, turnips, endive, green beans, peas, cooking apples, oranges, lemons, plums, cantaloupes, grapefruit.
	Roswell:	Cabbage, carrots, green beans, lettuce, potatoes, cantaloupes, oranges, plums.
Oklahoma	Oklahoma City:	Cantaloupes, okra, peppers, peaches, watermelons, tomatoes, oranges.
Texas	Ft. Worth:	Tomatoes, cabbage, small oranges, lemons, blackeyed peas, green beans, watermelons.
	Houston:	Potatoes, cabbage, carrots, onions, peas, peaches, lemons.

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